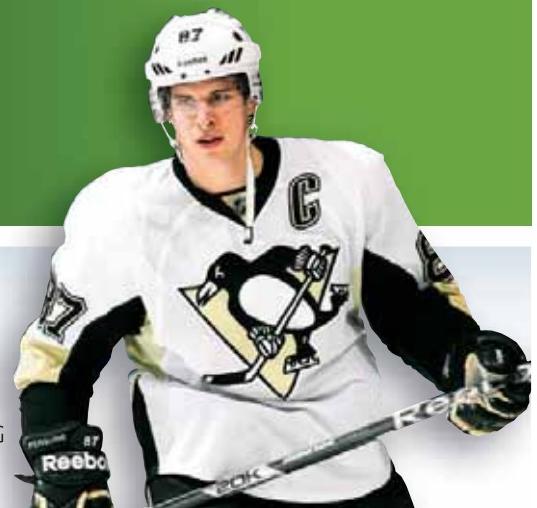


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Getting the ball rolling

Sunny Easter weather lures out local golfers and last-chance skiers

PAGE 2

Heroin haul on high seas

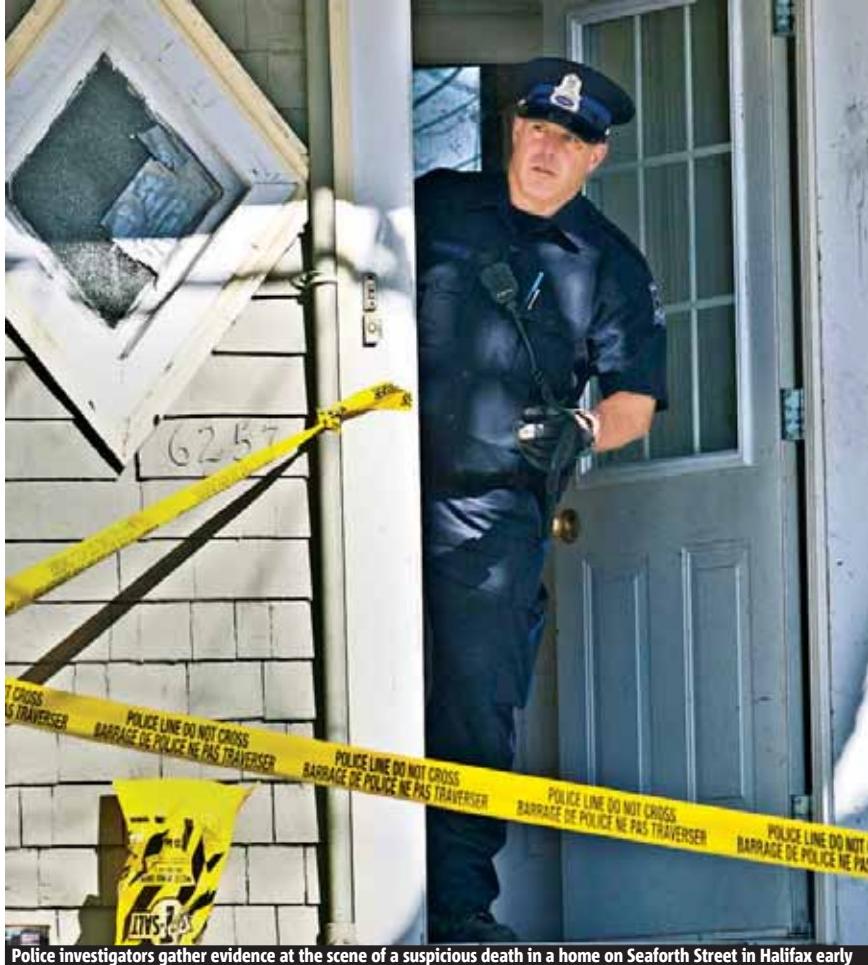
Canadian warship seizes drugs from a boat in the Indian Ocean

PAGE 4

DOWN AND OUT

CROSBY SIDELINED INDEFINITELY WITH A BROKEN JAW AFTER TAKING A PUCK TO THE MOUTH

PAGE 13



Police investigators gather evidence at the scene of a suspicious death in a home on Seaford Street in Halifax early Sunday. JEFF HARPER/METRO

Suspicious death declared a homicide

Crime. Man charged with second-degree murder after stabbing

Halifax police say a young man who died in a west-end home was the victim of a murder.

Police spent most of Easter Sunday gathering evidence at 6257 Seaford St., where officers responded around 4:20 a.m. to find the body of a 20-year-old man who had been stabbed to death.

Halifax Regional Police Const. Pierre Bourdages said officers had been called to the same area less than an hour earlier for reports of a disturbance.

"The officers located several people in the street, but there was no report of an as-

sault and no one wished for police action," he said.

Officers left around 4 a.m., but returned 20 minutes later after someone inside the Seaford Street home called 911 to report a stabbing.

Police found the victim's body inside and arrested a 21-year-old man without incident.

Vincent James Steele of Halifax has been charged with second-degree murder. He's in custody pending a court appearance on Tuesday.

Bourdages couldn't confirm reports from neighbours that a party was taking place in the house, but he said the stabbing is believed to be related to the initial disturbance.

"The details are part of the investigation, but we believe the accused was known to the victim," he said.

He said the accused is also known to police.

The victim's name will not be released until next of kin have been notified.

Members of the quiet neighbourhood were shocked by the crime.

Jacob Young, who resides in the apartment next to where the victim was found, said the people who live at the home are "pretty sketchy" but relatively quiet.

Young said he's had a conflict with one of the residents before, and he wasn't surprised that other neighbours suspect the tenants of drug activity.

"I hate feeling unsafe in my own apartment, and this really just puts the cherry on the cake for me," Young said.

RUTH DAVENPORT/METRO
 WITH FILES FROM HALEY RYAN



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Goodbye skis, hello golf clubs?

Fingers crossed.
Sunshine, springlike temps hint at a possible end to chilly, dreary weather

KAYLA WOODSIDE
halifax@metronews.ca

A balmy, sunny Easter weekend had most winter-weary Halifax residents hoping that a dismal snow season is firmly in the

rear-view mirror — and local ski hills and at least one golf course are taking action accordingly.

Fox Hollow opened its greens on Friday, and the general manager said the popular Stewiacke course was teeming with more than 200 eager golfers.

"It's great to have the ball rolling," Christopher Gourley said.

The course opened on March 16 last year, when the temperature soared to 22 C, but Gourley said heavier snow this

Brrrrrrrr!

-0.6 C

The average temperature in March at Stanfield International was -0.6 C.

year put the course two weeks behind schedule.

Ashburn Golf Club's general manager, Gordie Smith, said his course is a few weeks behind as well, but opening day isn't far off.

"It can turn around quick

with the nice weather," he said.

Environment Canada's latest three-month forecast, released on Sunday, suggests more good weather is in store for April, May and June. The Halifax area is expecting above-average temperatures and normal precipitation, like most of the province.

February and March were both slightly warmer than normal, but the weather agency's website suggests total precipitation was lower both months than the average.

However, Leslie Wilson,

general manager at Wentworth Ski Hill, said there was enough winter weather to open early and keep the hill in operation for a full 99 days.

The season wraps up on Monday with a last day of skiing and snowboarding.

"We're ending off really strong," Wilson said. "It's been a hopping spot this Easter."

Nova Scotians looking ahead to summer can soon start making those plans: The province will open its reservation system for provincial camping parks on Tuesday.



A perfect day to ponder the way things are

Warm weather brought people out to enjoy a new art installation on the Halifax waterfront on Sunday afternoon. The work, which features three sculptures doing "human" things, is titled *The Way Things Are*. It's the creation of Canadian artists Chris Hanson and Hendrika Sonnenberg, and was made possible by a collaboration between Waterfront Development Corporation and the Art Gallery of Nova Scotia. It will be in its new home for a year. JEFF HARPER/METRO

Accident. Grass fire destroys trailer in Higginsville

A mishap with a grass fire sparked a larger fire that destroyed an abandoned trailer in Higginsville.

Halifax fire crews were called to the property at 180 Barren Rd. at about 5 p.m. on Sunday and arrived to find the trailer engulfed in flames.

"There's some other trailers around here, but it's in a backyard, so it's out of the way. There's no other structures that are in danger by any means," said Cmdr. Dave

Slaunwhite of Division 5.

Slaunwhite said the interior of the trailer, which was used mostly for storage, was gutted, but no one was hurt.

He urged caution for anyone burning outdoor debris, but said no one was at fault in the minor incident.

"It was just an unfortunate accident, that's it," he said. "They were burning some grass and it got underneath the trailer and caught it on fire."

METRO

Easter Monday hours

What's open, closed on Monday

Students and some office workers are getting Monday off. Federal and provincial government offices are closed for Easter Monday, as are schools and some universities. Malls, grocery stores, NSLC branches and banks will also be open. Garbage and green-bin collection will take place and Metro Transit ferries and buses will run on a regular weekday schedule. METRO

South Shore. Two men die in highway collision

RCMP in the South Shore are investigating a highway collision that killed two men.

Police say a car carrying two men collided with a pickup truck at about 4:30 a.m. on Friday on Highway 324 at the overpass of Exit 11 on Highway 103.

The car burst into flames and a passing motorist helped the men get out of the vehicle. They were rushed to hospital in Halifax.

Mounties say the driver of the truck, 48-year-old Eric

Sole survivor

- The passenger of the car remains in South Shore Regional Hospital with serious but non-life-threatening injuries.

Mervin Veinotte, died on Friday night, while the driver of the car, 27-year-old Matthew Arden Deal, died on Saturday morning.

THE CANADIAN PRESS

Many hands make lighter work for group-home reno

Takes a village.

Community chips in to help upgrade, modernize Dartmouth group home for young men



RUTH DAVENPORT

ruth.davenport@metronews.ca

The renovation of a Dartmouth home is about more than just pretty finishes — it's a project five years in the making that will benefit countless young men in years to come.

Work has just wrapped up at Hawthorne House, the oldest facility of the HomeBridge Youth Society, and the executive director says her relief is beyond words.

"I can't tell you," said Linda Wilson. "It's a big checkmark on my list."

The 100-year-old house at the corner of Hawthorne and Prince Albert streets has been expanded and upgraded to better serve the six young men placed there. The \$300,000 renovation provided key upgrades to the home's plumbing and electrical systems, and it also transformed the interior with the addition of 800 square feet of recreation and

Your suggestions

- Ideas. Your Community At Work is a regular feature appearing on Mondays highlighting people and groups working to make a difference in their community. Send your suggestions to us at metro@metronews.ca.

programming space.

"(The staff's) favourite part is the island that's in the kitchen now," Wilson said. "There's some stools around it, and the kids are ... all sitting together with the staff, peeling the potatoes and talking about their day."

The interior renovations also gave each boy his own room, with a desk, chair and a wall of chalkboard paint for scribbling.

Wilson said the transformation has resulted in small, but significant shifts in behaviour among the boys currently living there.

"They're taking their boots off at the door and nobody asked them to," she said. "They've asked for bedroom slippers. I can't even believe it."

Although the actual construction took about six months, Wilson said raising the money took far longer — about four and a half years,



Linda Wilson, executive director of HomeBridge Youth Society, shows off the recently completed \$300,000 renovation to the interior of Hawthorne House, a group home for boys in Dartmouth. JEFF HARPER/METRO

in total.

She said it happened in no small part because of generosity from the local community, which looked beyond the stereotypes typically attached to kids in care.

"We weren't there at Christmastime, but we had some neighbours send a plant and some baked goods to where the boys were temporarily, which was so kind," she said.

Community residents, along with local organizations and some corporations, also chipped in with funds and time to help with

painting and other finishing touches.

"I've been doing this work for a long time, and I don't know if I've ever been involved in such a project that, I bet you, there were hundreds of people who made this project happen," Wilson said. "It was wonderful."

On the web

For more local news go to metronews.ca



Extra programming

More than just a place to sleep

The kids who come to stay at Hawthorne House have the chance to take part in a range of extra programming that's fun and a little instructive.

HomeBridge offers music therapy, art education and circus skill instruction

through its arts program, as well as tai chi and yoga.

"What these extra programs do is they provide the children with experiences of success and it builds their confidence a bit," said executive director Linda Wilson.

Kids who put in a minimum number of hours in the program will get educational credit from the Halifax Regional School Board.

RUTH DAVENPORT/METRO

Quoted

"We wanted them to have their own study space, because we know ... there's a good chance they're going to be homeless if they can't stay in school."

Linda Wilson, HomeBridge Youth Society

Missing man may be linked to ferry mishap

RCMP may have a lead in the case of a vehicle that plunged off the end of the Englishtown ferry into St. Ann's Bay a week ago.

Jerry Hengeveld, 81, from Waterville, N.S., was last seen by his family on March 24.

He drives a 2007 silver-grey Toyota Camry, which was seen in Baddeck on March 25. A car partially matching that

description went off the ferry later that day. There's been no sign of Hengeveld's car since then.

Baddeck RCMP are working with Kings County RCMP and can confirm that the missing man from Kings County, Jerry Hengeveld and his vehicle, were seen in the Baddeck Irving station on March 25," Const. Scott MacRae said

on Saturday.

However, since a car has not been recovered, police cannot confirm if the vehicle that went off the ferry belongs to Hengeveld.

RCMP divers were supposed to resume their search Saturday morning but ice conditions, which have plagued the area since mid-week, continue to hamper the search

efforts.

"The only reason we're not diving today is because the ice is still in the area," Staff Sgt. Craig Yorke said on Saturday.

"The ice is straight out to the mouth of the sea. The channel was starting to free itself up there but still it's back and forth because of the current."

On Sunday, MacRae said

the RCMP dive unit is looking at conditions on a day-to-day basis. He said the next window of opportunity to search the bay may be as late as Tuesday.

Police say it won't be possible to positively identify the victim in this case until the vehicle is retrieved from the bottom of the bay.

CAPE BRETON POST



Jerry Hengeveld
CONTRIBUTED

Canuck warship makes huge heroin bust at sea

500 kg. HMCS Toronto part of naval task force patrolling Indian Ocean

HMCS Toronto seized some 500 kilograms of heroin from a boat in the Indian Ocean last week, according to the Department of National Defence.

The drugs were found on Friday after a naval boarding party searched the vessel as part of a security operation.

HMCS Toronto's commanding officer said it is one of the largest heroin seizures in a maritime environment.

Cmdr. David Patchell said the bust doesn't just keep drugs off the street, but also hurts the finances of terrorist organizations.

HMCS Toronto is part of an international naval task force patrolling the Arabian Sea and Indian Ocean.

THE CANADIAN PRESS



The warship HMCS Toronto. HANDOUT/CPL. MALCOLM BYERS/HMCS TORONTO/DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

Environmentalism. Canada lauded for tough stance on Arctic pollution

Canada is winning a rare bit of environmental praise from the international community for its stance on pollution from shipping in Arctic waters.

Documents show Canada is pushing hard to outlaw the discharge of oily wastes or garbage anywhere in the North.

Canada's proposal, during negotiations for a mandatory global shipping code in the Arctic, has won the support of several countries including Germany and France — nations that often criticize Canada over climate change and

management of wildlife.

Canadian negotiators proposed very high standards, based on legislation that has been in place since 1970.

"The Canadian and Antarctic experience demonstrates that a zero discharge standard is practicable," says the proposal.

The Canadian experience also shows that it is not a significant barrier to cost-effective shipping, for purposes ranging from community supply to resource development and limited but growing through traffic."

THE CANADIAN PRESS



Canada is pushing to outlaw the discharge of oily waste or garbage anywhere in the North. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Victim in mall shooting raided home as a minor

The victim in Toronto's latest homicide was involved in a violent home invasion in Windsor, Ont., in 2005.

Michael Nguyen, 23, was shot and killed outside of a Sears at Yorkdale Mall on Saturday, shortly after 8 p.m.

Police said Nguyen was known to them and released a photo of him Sunday. Windsor lawyer Frank Miller recognized him as a former client, whom he represented in relation to a home invasion.

One of Nguyen's co-defendants was Qoheleth Chong. A man by the same name was shot and killed in Toronto last November. As of press time, Metro could not confirm they are the same person.

In 2008, Nguyen pleaded guilty on several charges and received an adult sentence of five years. He only served about two-and-a-half years in custody because of a sentencing credit.

Miller said there was evidence Nguyen was part of a gang called the Asian Assassins.

"There was a couple ... living in an older, not-very-wealthy part of Windsor," recalled Miller. "They came to the door ... and there was a pizza delivery man there. ... He said they



Near the crime scene. Inset: Michael Nguyen. RICHARD LAUTENS/TORSTAR NEWS SERVICE

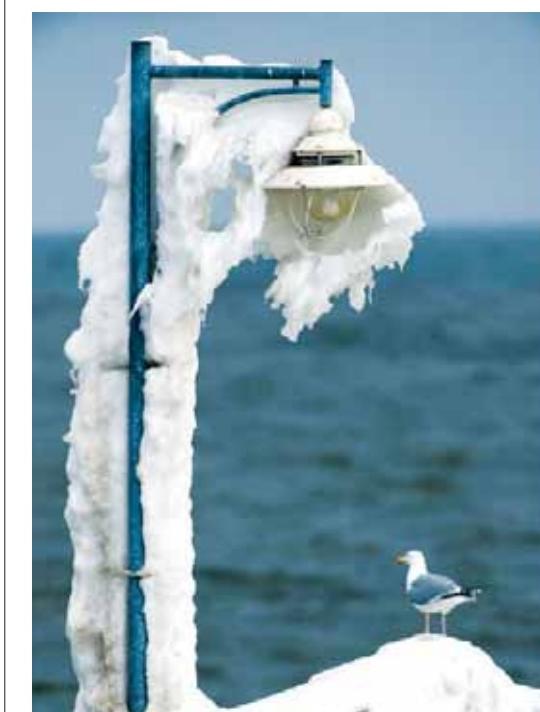
hadn't ordered in and when he turned back there was a guy with a shotgun."

Three minors, including Nguyen, and one adult entered the home armed and bound the woman and the man who lived there with zip ties, said Miller.

"Before they found the woman and put her in zip ties she called 911," he said.

The man had \$20,000 in the home in small bills, which he later said had come from gambling, said Miller.

Police arrested the four assailants, recovered four guns



The worst in living memory

A harbour light is encased in ice at a landing stage in the Baltic Sea town of Goehren in northeastern Germany on Easter Sunday. Germans will remember March as the coldest the country has experienced since 1883. STEFAN SAUER/DPA/THE ASSOCIATED PRESS

London, Ont.

Corpses found in apartment

A 38-year-old man is facing charges in the deaths of two men whose bodies were found in a London, Ont., apartment this weekend.

Police say Jason Cleveland is charged with two counts of second-degree murder and one count of committing an indignity to a human body.

Police say no other suspects are sought and the names of the deceased won't be released until their families have been notified. THE CANADIAN PRESS

U.S. highway

95-car pileup ends in deaths, injuries

Three people are dead and 25 injured after 95 vehicles piled up on a foggy U.S. highway.

Police say the vehicles were caught in 17 separate crashes along the road near the Virginia-North Carolina border.

A spokesperson said the injuries ranged from serious to minor and that the main cause was excessive speed. THE ASSOCIATED PRESS

they had hidden under a bed and found a fifth gun suspended by a piece of wire in a toilet tank.

Miller believes the man may have been targeted.

"It seemed odd that there were four assailants and five guns and it seemed odd to me that the gun would be suspended by a piece of wire under a toilet tank when the other guns were hidden under the bed," said Miller. "It seemed odd when you added the \$20,000 in cash."

JESSICA SMITH/METRO IN TORONTO

Nukes are 'nation's life,' not on bargaining table: North Korea

Threats. Analysts say attack on U.S. is unlikely, but situation could escalate into localized skirmishes

A top North Korean decision-making body issued a pointed warning Sunday, saying that nuclear weapons are "the nation's life" and will not be traded even for "billions of dollars."

The comments came in a statement released after North Korean leader Kim Jong Un presided over the plenary meeting of the central committee of the ruling Workers' Party.

The meeting, which set a "new strategic line" calling for building both a stronger economy and nuclear arsenal, comes amid a series of near-daily threats from Pyongyang



in recent weeks, including a vow to launch nuclear strikes on the U.S. and a warning Saturday that the Korean Peninsula was in a "state of war."

Pyongyang is angry over

annual U.S.-South Korean military drills and a new round of UN sanctions that followed its Feb. 12 nuclear test, the country's third.

Analysts see a full-scale

North Korean attack as unlikely and say the threats are more likely efforts to provoke softer policies toward Pyongyang from a new government in Seoul, to win diplomatic

talks with Washington that could get the North more aid, and to solidify the young North Korean leader's image and military credentials at home. THE ASSOCIATED PRESS

Brinkmanship?
Justifying its nuke pursuit

North Korea has called the U.S. nuclear arsenal a threat to its existence since the 1950-53 Korean War, which ended in a truce, not a peace treaty, leaving the peninsula still technically at war.

Pyongyang justifies its own nuclear pursuit in large part on that perceived U.S. threat.

While analysts call North Korea's threats largely brinkmanship, there is some fear that a localized skirmish might escalate. Seoul has vowed to respond harshly should North Korea provoke its military.

Influx of Syrian refugees. Canada announces \$13M in aid for Jordan

Canada is giving the Middle Eastern country of Jordan an additional \$13 million to help deal with a crush of Syrian refugees.

Foreign Affairs Minister John Baird announced the aid after meeting with Jordanian officials, including the country's King Abdullah, on Sunday.

"Jordan has consistently demonstrated a leadership role in the pursuit of a just and lasting peace in the Middle East, and it continues to lead in the face of the on-

going crisis in Syria," Baird said in a statement.

Canada has already given Jordan \$11.5 million to help deal with more than 380,000 Syrian refugees who have arrived there in the last two years.

The United Nations estimates more than one million people have fled the ongoing violence in Syria, and millions more are internally displaced.

Baird says the new funds will help deal with the immediate humanitarian and security needs created by the influx. THE CANADIAN PRESS



Jailing journalists

Palestine clamps down on dissent

Mahmoud Abbas' government in the West Bank is getting tougher with critics, interrogating, prosecuting and even jailing several journalists and bloggers in recent months for allegedly "defaming" the Palestinian leader.

Rights activists say the legal hassles are meant to silence dissent and that the campaign is intensifying despite promises to the contrary by Abbas.

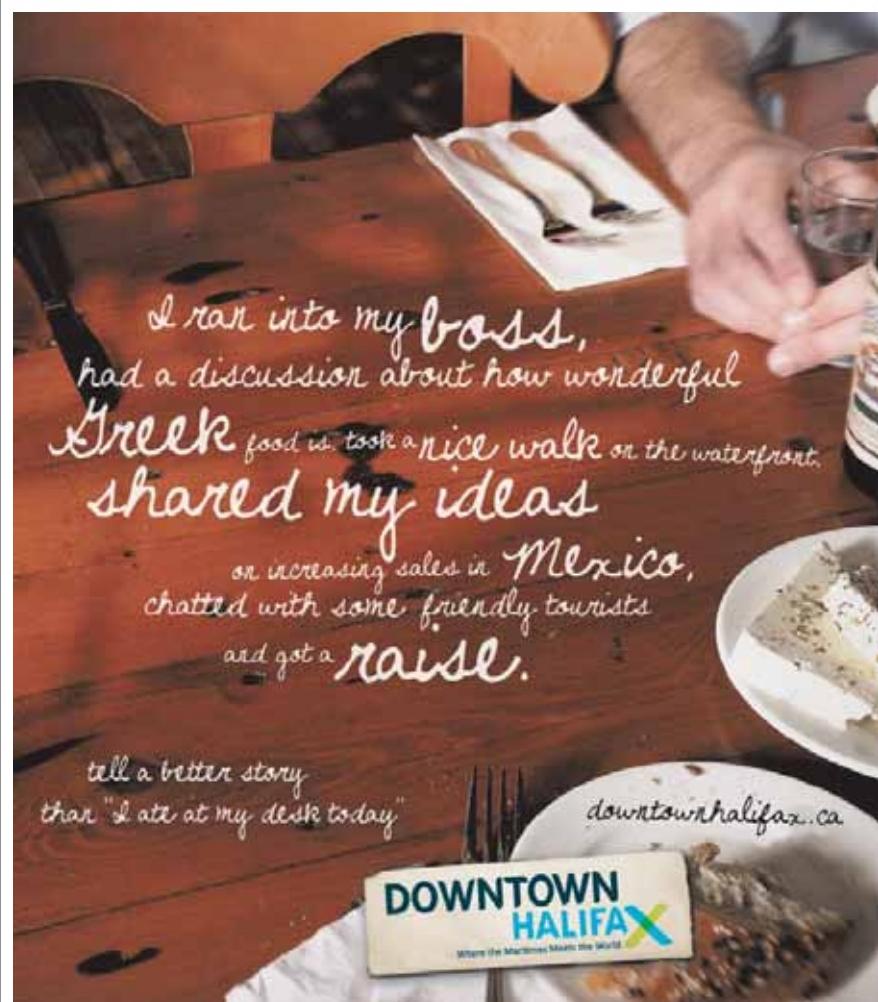
THE ASSOCIATED PRESS

Alleged intimidation

Egyptian satirist released on bail

A popular television satirist known as Egypt's Jon Stewart was released on bail Sunday after nearly five hours of interrogation over allegations that he broke the law by insulting Islam and the president.

Bassem Youssef is the most prominent critic of President Mohammed Morsi to be called in for questioning in recent weeks in what the opposition says is a campaign to intimidate critics. THE ASSOCIATED PRESS



Exxon Mobil pipeline spills Canadian crude

Mayflower, Ark.

Cleanup crews trying to prevent oil from reaching nearby lake

Exxon Mobil Corp. says crews are working to contain and clean up an oil spill near Mayflower, Ark., after its Pegasus pipeline ruptured Friday afternoon. The pipeline carries Canadian heavy crude oil from Patoka, Ill., to refineries on the Texas Gulf coast.

Exxon Mobil issued a release that said the company was responding to a spill of more than 10,000 barrels, and that some 4,500 barrels of oil and water had been recovered.

The company said the 20-inch pipeline had been shut down as crews tried to prevent the spilled oil from reaching a nearby lake. It said cleanup operations were being co-ordinated.

ated with the Department of Emergency Management and other local authorities, and that the cause of the spill was being investigated.

Last week federal regulators proposed that Exxon Mobil pay \$1.7 million US in civil penalties for safety violations linked to a pipeline rupture that spilled an estimated 238,000 litres of crude oil into Montana's scenic Yellowstone River in July 2011.

The spill fouled approximately 110 kilometres of the Yellowstone River's banks, killing fish and wildlife and prompting a massive cleanup.

The latest spill comes as proponents of the proposed Keystone XL pipeline have been trying to convince Washington to give the project the green light. Opponents of TransCanada Corp.'s plan to pipe Alberta oilsands bitumen to the U.S. Gulf Coast denounce it as an environmental catastrophe in the making.

THE CANADIAN PRESS



Google employees shoot pool in a break room at the Google campus in Mountain View, Calif., on March 15. Silicon Valley companies are planning a flurry of massive new perk-laden headquarters. JEFF CHIU/THE ASSOCIATED PRESS

Big Tech bets on big perks

Apple's planned ring-shaped, gleaming "spaceship headquarters" in Cupertino, Calif., will include a world-class auditorium and an orchard for engineers to wander. Google's new campus will feature walkways angled to force accidental encounters. Facebook, while putting final touches on a Disney-inspired campus including a Main Street with a barbecue shack, sushi house and bike shop, is already planning an even larger, more

exciting new campus.

More than ever before, Silicon Valley firms want their workers at work. Yahoo CEO Marissa Mayer has gone so far as to ban working from home, and many more offer prodigious incentives for coming in to the office, such as free meals, massages and gyms.

This spring, as the tech industry is soaring out of the Great Recession, plans are in the works for a flurry of massive, perk-laden headquarters.

"We're seeing the mature technology companies trying to energize their work environments, getting rid of cube farms and investing in facilities to compete for talent," said Kevin Schaeffer, a principal at architecture and design firm Gensler in San Jose, Calif. "That's caused a huge transition in the way offices are laid out."

New Silicon Valley headquarters or expansions are underway at most of the area's major firms.

THE ASSOCIATED PRESS

Publishing. Free press returns to Myanmar

For most people in Myanmar, it will be a novelty when privately run daily newspapers hit the streets on Monday. Many weren't even born when the late dictator Ne Win imposed a state monopoly on the daily press in the 1960s.

But for 81-year-old Khin Maung Lay, the rebirth of daily newspapers is like a second lease on life. He is chief editor of Golden Fresh Land, one of four dailies going on sale Monday as Myanmar takes another step in its march toward democracy. He's old enough to recall there once had been a big and vibrant daily press in Burmese, English, Indian and Chinese languages in the period of parliamentary democracy after Myanmar, known then as Burma, won independence from Britain in 1948.

He acknowledges there are innumerable challenges ahead, but said he is ready to face them "in the name of freedom of press."

Ask the Experts

Selling Old Gold and Silver Jewellery? Common Sense Is Worth Its Weight in Gold.

Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewellery is worth. The question you should be asking yourself is: where do you go to ensure you receive a fair offer? There are plenty of options but which ones pass the common sense test?

Option #1: Antique roadshows and Mall Kiosks. Inflated Promises. False Advertising.

Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices. Unscrupulous companies use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line --people end up with less money in their pocket, not more.

Option #2: Pawnshops and Coin Shows. Hope for the Best.

Most consumers feel uneasy about walking into a pawnshop with their jewellery.



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COMMUNITY HUB NOT A BAD IDEA

Richmond, the primary-to-nine school I attended in north-end Halifax, is long gone.

Not quite true.

The oldest section, ironically the one rebuilt after the 1917 Halifax Explosion, now serves as a family court building. The other two wings, hastily tacked on after the Second World War to accommodate then-exponentially expanding baby boom babies, were unceremoniously levelled after the wave crested, young families moved to the suburbs and Halifax finally outgrew its wasteful tradition of parallel Protestant-Catholic schools.

I can't help thinking about Richmond's fate whenever the province's annual March Madness Educational Demolition Derby enters its final fevered days.

Last week, with today's looming deadline for determining which schools no longer make the Survivor cut, provincial



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

school boards voted to shutter at least five schools, amalgamate two others and put up 14 — or more; who can keep count? — for review in the next year.

Which means more families will suffer through the same gut-wrenching process next year.

The issues are easy enough to catalogue: declining birth rates, rural depopulation, pinched provincial budgets, delayed-until-it's-too-late building maintenance, continuing collapse of rural economies, more budget cuts.

The answers ... less so.

While there is a growing consensus that big is not necessarily better — particularly now that technology can connect students in the smallest rural schools with the Internet's vast, comprehensive database of facts, ideas, life — the reality is cash-strapped

school boards currently spend \$100 million a year just to heat, light and maintain empty classrooms in more-than-half-empty school buildings.

One promising suggestion, touted by some parents and community groups, calls for under-used schools to become fully utilized community hubs, with classrooms sharing space with rent-paying community groups, non-profits, government offices, even businesses.

"We have to view these buildings as an asset and not a liability," says CUPE Nova Scotia president Danny Cavanagh, who believes they could become "community centrepieces."

While the department of education is experimenting with a modest version of the idea — SchoolsPlus combines government services with classrooms — it only currently plans to implement it in four schools a year. That's not nearly enough.

The next March Madness is less than a year away.

While there may be no easy answers, the current answer is no answer at all.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca



The golden age of radio dramas is long gone, but the genre lives with help from podcasters who use new technology to reinvigorate an old art form.

Subscribe to these three in the iTunes store for regular doses of beautifully produced theatre of the mind.

The Truth:

Strong improvisation and on-location recording by a team of stage and radio veterans keeps this series of "movies for your ears" inventive and surprising. In Good Hands, the story of a secret world below an abandoned subway station, is genuinely chilling.

creations of famous radio dramas and original collaborations that explore everything from life in prison to our relationship with fear.

Welcome To Night Vale:

An oddly funny biweekly community update from the town of Night Vale, where regular small-town life unfolds before a surreal backdrop of supernatural events, dark hooded figures and disturbingly powerful municipal leaders.

Chatterbox Audio Theater:

A nice mix of classics like Oedipus, re-

Letters

RE: Sadistic, tyrannical, unstable ...
psychiatrist reveals the dark side of tragic Ashley Smith, a teenager who killed herself in her jail cell,
published March 26

I was absolutely disgusted by what Dr. Penn stated: only top-quality, sustained psychological care could have helped Ashley Smith's extreme problems. At that facility they no doubt use the standard way of treating patients.

Everyone assumes that psychiatrists are helpful, but in reality their goal is to make patients feel content and getting to the base problem.

Instead, when people are down you must push them far into the zone of happiness, and show them that past feelings and thoughts have created every situation in their life. Every person on Earth has the opportunity to live a happy life. So why are we throwing people in jail cells and feeding them harmful drugs?

Dayna Vago, London, Ont.

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

ZOOM

Where did all of our time go?

If you feel time-poor and complain that there's not enough hours in the day, you're not alone, and, most likely, it is not your fault. Better organization will not fix the time crunch. The eight-hour-day movement has failed miserably: the Industrial Revolution robbed us of normal sleep patterns, the Digital Revolution made us work at home. The average working-age person already has only one hour 40 minutes' leisure time per day, 5.37 times less than our hunter-gatherer ancestors.

HUNTER-GATHERERS' DAY

9h
"in bed" — often in two or more intervals

8h 57 min
leisure time

3h 54 min
doing "unpaid" household work

2h 9 min
"working" and "commuting" per day,
i.e., hunting and gathering food

TYPICAL MODERN WORKDAY

1h 53 min

time before leaving for work

23 min

commute to work

9h 25 min

at the workplace

23 min

commute back home

TIME BEFORE BED

52 min

work

(taken home)

2h 32 min

unpaid,

household work

1h 40 min

after-work leisure time

6h 52 min

sleep

NATIONAL SLEEP FOUNDATION: "THE TIME-PRESSURE ILLUSION: DISCRETIONARY TIME VS. FREE TIME." ROBERT E. GOODIN ET AL., 2005; "THE ORIGINAL AFFLUENT SOCIETY." MARSHALL SAHLINS; BBC NEWS; OECD.



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Promo**Apostersays
1,000 words**

Being that *Mad Men* is a show about advertising, it's always been important that it have great advertising itself, and the promotional image for season six is no different — though it does break from the show's previous style in a very striking way. For the image, *Mad Men* turned to 75-year-old illustrator Brian Sanders, who created a lush, period-appropriate image with two Don Drapers and plenty of suggestive imagery. "I know people are looking for meaning and everything. There is a lot of meaning in it," series creator Matt Weiner concedes. "It came from a dream. I had this dream — and it was not Don, it was me, but a lot of stuff is like that." So what was that dream — and this season's promo poster — about exactly? Never a fan of divulging specifics, Weiner at least offers that the focus is on "the anxiety that is created by — in all of these characters — wondering why they are the way they are," he says.



The Internet can make a man go mad

Online angst.

Mad Men creator Matt Weiner's friends and family have banned him from reading negative criticism

NED EHRBAR
Metro World News in Hollywood

A word of caution to angry Internet commenters and recappers: *Mad Men* creator Matt Weiner knows what you're writing about his show. Or at least he used to until he was banned from visiting them by his wife and writing staff.

"This is a terrible job for someone as oversensitive as I am. When I was on *The Sopranos*, it didn't even exist," Weiner says.

"I try and stay away from it. What usually happens now is somebody — a friend — will send me something. And it's still this addiction."

To Weiner, it's pointless to fight the compulsion to seek out criticism.

"This is human nature," he says.

"There's two jars in the next room. One of them is filled with little fortune cookie fortunes, and the other one has two of them in it."

"(The big jar) is the good things about you, (the little jar) is the bad things about you that people have written. Go in there. You get to pick one piece of paper.



What's in store for Jon Hamm in the next season of *Mad Men*? HANDOUT

Sticks and stones

"The immediate response is, you know, hatred, anger, disgust, betrayal. And I kind of am like, I can't believe I let these strangers hurt me."

Mad Men creator Matt Weiner on getting upset over criticism of his show on the web

You pick the bad one. I will keep looking until I find something bad. I don't even know how it works." For an example, he offers an episode from last season,

Signal 30, that garnered some reactions he didn't appreciate.

"It was Vincent (Kartheiser's) performance, you know, when he's in the elevator and says, 'We're supposed to be friends. I have nothing,'" Weiner remembers.

"That to me is like the saddest thing I ever wrote. I was very emotional about it, and when it aired people are like, 'A Pete story. I hate that.' So I just try and stay away from that stuff as much as possible."

Hence the banning. And he's been good for the most part, but he did slip up a few times last season.

"I really was off it for a while, and then (the season five episode) the Suitcase happened and everyone was like, 'You've got to read this. You have to read what people said about this thing,'" he says.

"So I read it and I loved that episode, but the episode that was on the week after that was actually my favourite of the season, the Summer Man. It's a very emotional story for me. So of course I read (the reactions) the next week and it's, like, brutal."

"The immediate response is, you know, hatred, anger, disgust, betrayal. And I kind of am like, I can't believe I let these strangers hurt me."

With season six debuting, maybe it's time for Weiner's wife and staff to look into some parental controls for his web browser.

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Justin Bieber

Bieber's got nothing to declare except his monkey

Justin Bieber just can't catch a break. Heading into Germany for the next leg of his European tour, the pop star was hit with an unsettling surprise when his prized Capuchin monkey was seized by German customs officials after he tried to bring the animal into the country without permission, according to People magazine. "Justin Bieber brought his monkey to Germany but had no official paperwork for him," a customs spokesman says. "We were forced to confiscate the animal."



Renner, ex new parents to baby girl

Avengers star Jeremy Renner and an ex-girlfriend welcomed the birth of daughter Ava Berlin Renner, according to Us Weekly. "They are beyond thrilled," a rep for Renner says in a statement. "Mother and daughter are doing great." Though the parents are no longer together, Renner had made a point of putting the mother-to-be up in his Los Angeles home as she awaited the birth. "They used to date but it wasn't serious," a source says, adding that Renner was "being ultra-secretive about it, but she has been going on about her life and not hiding it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Amanda Seyfried ALL PHOTOS GETTY IMAGES

What's the worst insult a young actress can endure?

This might be it. Les Misérables star Amanda Seyfried was mistaken at LAX for her Mean Girls co-star Lindsay Lohan. "I just got mistaken for a Ms. Lohan at Newark Airport," Seyfried posted to Twitter. It's probably not a comparison Seyfried welcomes, considering

her previous comments about Lohan: "Lindsay was great on Mean Girls. I think that was before she got a little nuts," Seyfried previously told Teen Vogue. "I kind of don't expect some of these girls, who've been working since they were two, to be sane."

Twitter



@Kchenoweth

How can one weigh 88 lbs and still have a muffin top?



@ParisHilton

Just finished judging Miss Ukraine, had a great time. Now to the after party to celebrate my friend Alexander Onyschenko's birthday!



@MissKellyO

Whenever I'm bored I break out my binoculars & lurk at people from my balcony just saw a man pick his nose & eat it.



@bobsaget

Every day that I begin with eggs goes really well.

Pop goes the week

Don't say hello to Eva Mendes' dog



STARGAZING

Malene Arpe

scene@metronews.ca



Eva Mendes

Eva Mendes is upset that people know the name of her dog and finds it "creepy" that passersby say "Hey, Hugo" when she's walking her pet. Hugo, meanwhile, finds it really weird that Eva gets to see Ryan Gosling naked on a regular basis and yet dwells on creepy things that aren't creepy at all.

James Franco says he kinda understands why people hate Anne Hathaway while James's neighbour says James litters and is a never-ending nuisance. No truth to the rumour that the neighbour rented under the name Spanne Blathapay.

Matthew McConaughey says that his friend Lance Armstrong "told a lie, (but) he's not a liar". Matthew con-

tinues, "read more on this particular line of reasoning in my upcoming book I Make No Sense But That Doesn't Make Me A Not-Making-Sense Maker."

In collaboration with Coca-Cola and American Idol, Carly Rae Jepsen will allow people to vote on the lyrics for her next song. Three options will be presented for every line of the song and the voting is already heating up to decide whether "Here's my slumber, so wake me Katey," "Here's my plumber, so save my baby" or "Here's cucumber so, like, make some salad or something" is the winner.

Kim Kardashian says that

she and her collaborator Kanye West want to name their baby "something that's unique". May we suggest Er Shun or Da Mao. Or perhaps simply Kanda.

A Vera Wang store in Hong Kong has started charging \$500 if you want to try on a wedding gown. Thus adding monetary pain to the realization that you still have some four months of paleo-dieting to go.

Manteresting is a new site for men who hate that Pinterest is the worst because of all the women and their women things and that it doesn't have enough pictures of things made from meat and rusty nails. If it's a success, watch for Manstagram, Manspace and Why Don't Men Have Anything In The World That They Control Book.

According to a Details poll, the celebrities who most often feature in people's naughty fantasies are Ryan Gosling and Mila Kunis. Better luck next year to the cast of Splash.

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metro

Long waits**Start a story, kill some time**

I came up with this little trick during one of my son's many visits to one of his specialists at Toronto's Hospital for Sick Children.

All you do is tell a story. One person starts the story

by telling the first line and it then moves to the next person who continues the story along by adding another line.

You continue until you feel the story is complete.

It helps kill time during those long waits.

NATALIE ROMERO OF YUMMYMUMMYCLUB.CA

Learning**App turns kids into artists**

Skatoony: Skadoodle (99 cents on iTunes) is a great example of an app where learning and fun are at your fingertips. It's not about basic shapes for toddlers. We're talking trapez-

oids, verticals, horizontals, semicircles on the right, and spirals inside circles. Press the buzzer, and you have about 20 seconds to guess what image you've drawn. Hurry.

Guess correctly and you earn Skatoony Bucks.

RUTH SPIVAK OF YUMMYMUMMYCLUB.CA

Exclusively online

Mommy and Daddy desperately need a vacation and they're off to Florida. Follow along with the comedit (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



Feeling exhausted? Laugh it off

Handling sleep deprivation. Here are some tips for surviving the day after the kids have kept you up all night

ANDREA NAIR
YummyMummyClub.ca

As I drag myself off the floor where my three-year-old and five-year-old are happily playing, I am trying to summon motivation to help stop feeling sorry for my tired body that was kept up last night by a feverish child. Life has to go on today — no calling in sick here.

How many of you are nodding with me?

I am making this list to help myself today because I managed in the past to get through many sleepless nights, and the following sleepy days.

My goal is to make it through intact and not let my tiredness turn me into a jerk.

Whether you are at work or at home, use any of these caffeine-free tips that suit you to help through your sleepy day.

1) Create a safe zone for the kids and then curl up near them for a power nap.

When the kids were younger,

Quote

My goal today is to make it through intact and not let my tiredness turn me into a jerk.

I would barricade them in a small area and fall asleep on the floor beside them. Now I can sleep through a blaring TV or Lego dismantling.

2) Stop telling yourself you are tired.

Positive thinking will make a big difference. Put on your glass-half-full goggles. There have been many studies that demonstrate humans can do just fine on even four hours of sleep if they need to.

Remind yourself of this all day.

3) Don't sit around too much, and try to get outside.

I find I am more tired when I am sitting.

If I take the boys outside or to play somewhere else, I often forget how tired I am. But don't push yourself too hard for multiple days in a row.

A day or two here or there of pushing yourself onto your feet will be OK.

If this is a repeated pattern, you run the risk of harming your health.

4) Do something that will make you laugh because laughing releases the same tension as tears.

I do feel like crying — all day. So laughing is a much better option! My choices are usually: air guitar to my favourite songs, hanging with friends, watching a funny video.

5) Do some yoga and/or meditation.

Inversion poses are super for waking the body and mind.

If I start to feel fuzzy, I do a sun-salutation series or meditate for a couple minutes.

6) Drink water with lemon and eat real food.

Junk food is not only bad for you, it often makes you sleepy.

7) Have a shower, do your hair and wear nice clothes.

For some reason I feel better when I'm not in a pony tail and saggy-butt grey sweat pants.

I need to put my psychotherapist hat on and say that if sleepless nights are a chronic problem, seek professional help either through a trained child sleep expert (my go-to girl there is Alanna McGinn) or a trained counsellor.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD



Feeling down and out? Try our pick-me-ups. ISTOCK PHOTOS

Use your stroller to create strong, toned legs



Get out into the world and tone up. ISTOCK PHOTOS

Early spring can often be absolutely gorgeous and you can take advantage of those occasional warm spring days to do a little stroller fitness on your own.

Warm up

Start by walking briskly. Find a quiet street or park with paved paths so you can maintain your preferred speed without crashing into pedestrians. Few pedestrians enjoy that. Walk or jog for five to 10 minutes until you have

broken a sweat and feel warm and slightly breathless.

Strength

Walk or jog one to two blocks (or about one minute) between each of the following exercises.

Walking stroller lunge and pulse.

With both hands on the stroller and elbows slightly bent, take a large step with your left foot and drop into a lunge position until your left thigh

is roughly parallel with the ground. From the lowest position you can maintain, pulse up one inch and back down, then step up and move forward with your right foot this time. Continue walking until you have performed 20 lunges, alternating as you would while walking.

Stroller butt kick

With both hands on the stroller and elbows slightly bent, jog and kick your heels up to tap your bum (or get as close

to tapping as you can), squeezing your hamstrings. Try leaning slightly forward and staying on the balls of your feet to kick faster and harder. Continue jogging forward until you have performed 30 kicks on each leg, or 60 total.

Bonus points

Every time you pass a wall or bench, stop to perform five to 10 push ups for some upper body strength training, too.

DARA DUFF-BERGERON OF YUMMYMUMMYCLUB.CA

It's a wrap! Winter is gone, freshen up your lunch



ROSE REISMAN
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This is a wrap I developed for the Pickle Barrel chain of restaurants in Toronto. When the customers want a healthier wrap, this is what they order. The spinach, chicken

and hummus combo is a winner.

Homemade hummus has fewer calories and less fat than the store-bought type.

1. Working with one at a time, pound the chicken breasts to an even $\frac{1}{2}$ -inch thickness between two sheets of waxed paper. Spray a non-stick grill

pan with cooking oil and sauté the chicken for 8 minutes, or until no longer pink in the centre. Slice into thin strips.

2. Stir peppers, onion, feta, tomatoes, olives, oil, basil and garlic together in a large bowl.
3. Spread the hummus over the tortillas. Place the

vegetable mixture over the hummus. Scatter the spinach leaves overtop and add the chicken. Roll the bottom of each tortilla up and over the filling, fold in both sides, and continue to roll up tightly. Cut each roll in half.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN



This recipe serves eight. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN.

Ingredients

- 8 oz skinless boneless chicken breast
- 1 cup thinly sliced green bell pepper
- 1 cup thinly sliced red bell pepper
- 1/3 cup thinly sliced red or sweet onion
- 1/3 cup low-fat feta cheese, crumbled
- 1/2 cup chopped rehydrated sun-
- dried tomatoes
- 1/3 cup diced black olives
- 1 tbsp olive oil
- 1 1/2 tsp dried basil
- 1 1/2 tsp minced fresh garlic
- 2/3 cup hummus
- 4 large whole wheat tortillas, or flavour of your choice
- 1 cup baby spinach leaves

A burrito a day . . .

A staple in our house, these burritos are usually made on the weekend and then wrapped up individually and stashed into the freezer for busy weeknights. Not only are they fast and easy to make, they are fairly economical, healthy and filling for hungry teens.

1. In a large frying pan, sauté the onion in a little olive oil until softened, about 5 minutes. Add the jalapeno (if using) and sweet pepper, sautéing and stirring until softened as well. Push to the side of the pan, add a little bit more oil and then the ground beef. Continue to cook and stir until it's cooked through and no longer pink. Sprinkle with salt and pepper to taste, then chili powder, cumin and oregano.

4. Sprinkle Cheddar cheese on top of the bean mixture and meat. To roll up, take the tortilla and fold in the sides. Place the rolled tortillas in a large freezer bag in a single layer and seal. If you plan to eat the burritos immediately, instead of rolling them in cling wrap, place them seam side down in a greased baking dish. Bake for about 15 minutes in a 350 F oven until heated through.

KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 1 small onion, finely chopped
- 1/2 jalapeno pepper, seeded and finely chopped
- 1 sweet red pepper, chopped
- 1 lb ground beef
- salt and pepper, to taste
- 2 tsp chili powder
- 2 tsp cumin
- 1 tsp oregano
- 3 tbsp salsa, or a bit more to moisten
- 1 clove garlic, peeled and cut in half
- 1/4 cup coarsely chopped cilantro stalks
- 1 19 oz can kidney beans, drained and rinsed
- 1 tsp chili powder
- 1 tsp cumin
- 1/4 tsp salt
- 1 tbsp olive oil
- 1 lime
- 2 tbsp water
- 8 10-inch flour tortillas
- Cheddar cheese

2. Place the garlic clove, cilantro stalks, kidney beans, chili powder, cumin, salt, olive oil, zest from 1/2 lime, and juice from 1/2 lime in a food processor. Add about 2 tbsp of water and process until smooth. You can always add a little more water if you need to in order to moisten it or make it smooth enough to spread.

3. Lay the tortillas out on the counter in front of you. Divide the bean mixture evenly among the tortillas, placing a dollop in the centre of each. Divide the meat between the tortillas as well, mounding it on top of the bean paste.

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YLVIA VAN BUUREN
CareerBear.com

Corporate culture can be pretty far down on your priority list when you're in the midst of a job search, but don't underestimate its importance to your long-term satisfaction at a job, says Stefan Danis, CEO of Mandrake and NEXCareer.

Corporate culture refers to values, attitudes and behaviour of employees encouraged and supported by the organization.

The following questions can help determine the culture of an organization — and whether it is a good fit for your personality and work style. How you get the answers may take some detective work. Google the company, talk to employees you know who work there, if you have an on-site interview, arrive a little early and chat with the receptionist, and ask probing questions, at the appropriate time, during job interviews.

What stage is the firm at?
If it's a start-up, the culture is going to be fast-paced and probably entrepreneurial, which is a perfect fit if you're a high-energy sort, says Danis. If the company is in the midst of a turnaround, you're doing something on the clock. If the firm is sustaining success, the culture may be far more measured.

The good and the bad

What are people really saying?

If you're comfortable with the interviewer, ask more probing questions about what part of the work culture is not working so well. For example, the company is trying to hire more gen Xers and at the core, it has traditional, inflexible work culture. Or, is it a high pressure workforce where employees are always exhausted?

ured.

What does the workspace look like?

When you walk through the office for an interview, for example, notice how people work. If they all have their own offices, the organization is likely hierarchical. If there is an open concept with employees working and overlapping physically, the culture is likely more collaborative. How are people dressed? Do they seem friendly and happy... or closed and self-important.

Is a team atmosphere encouraged?

Talk to employees you know at the company or check out bulletin boards, etc., to see if there are employee "events" such as "huddles" every morning or rallying lunches. Do

company meetings occur off-site at weekend retreats? Is there regular correspondence to employees?

How is performance measured?

Is there a formal annual process for reviewing progress? Is it more of a casual "just in time" feedback, or is performance management seen as a tedious process?

"Some companies base merit increases on 'hard' accomplishments such as sales units while others measure 'softer' behaviours such as leadership skills and even reward them through a 360 feedback loop, where colleagues and stakeholders share their point of view on your style and how you go about your work," Danis says the latter would suggest an environment where a firm is actively encouraging a team agenda as opposed to highlighting individual talent.

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NHL

Injury woes hit Crosby again

Sidney Crosby has a broken jaw and is out indefinitely after being hit in the mouth with a puck during a win against the New York Islanders on Saturday.

The Pittsburgh Penguins said on the team website Sunday that Crosby had surgery Saturday night, and there will be an update on his status later in the week.

Crosby, the NHL's leading scorer, was struck in the face during the first period of the Penguins' 2-0 win. Slow-motion replays showed multiple teeth flying out of his mouth after the puck struck him during his first shift. The team said Crosby had "major dental work" and will have more done later in the week.

The Penguins have won 15 straight games, and next play Buffalo on Tuesday.

Crosby has 56 points (15 goals, 41 assists) and holds a 10-point lead in the scoring race. He has not missed a game yet this season after being limited to 22 regular-season games over the previous two calendar years because of concussion-like symptoms and neck problems after absorbing big hits in consecutive games Jan. 1 and Jan. 5, 2011.

Midway through his comeback season, Crosby said he was feeling so good he "doesn't even think about" the risk of concussion or head or neck injury anymore after two years in which it dominated his life. Teammates expressed similar sentiments.

After Saturday's game, coach Dan Bylsma did not rule out the possibility Crosby would undergo evaluation for a concussion.

"I think every time that type of thing happens to a player you think of that," Bylsma said. "It doesn't matter who it is ... You think about those things regardless of the player, yes."

THE ASSOCIATED PRESS



Sidney Crosby is helped off the ice by Penguins teammate Pascal Dupuis on Saturday in Pittsburgh.
THE ASSOCIATED PRESS



Mooseheads forward Nathan MacKinnon tries to slide one by Saint John Sea Dogs netminder Sebastien Auger during first-round playoff action. JEFF HARPER/METRO

Mackinnon says he has another level

QMJHL. With plenty at stake, the 17-year-old is putting everything on the line for a title



ANDREW RANKIN

andrew.rankin@metronews.ca

Nathan MacKinnon accomplished exactly what he wanted to in the opening round of the playoffs.

Sure, the Halifax Mooseheads forward maintained his regular-season scoring touch by registering seven points in the Herd's four-game sweep of the Saint John Sea Dogs.

But the 17-year-old, blue-

chip prospect went into the postseason determined to raise his two-way play by engaging in a more relentless, physical game.

So far, so good.

The fact that the Mooseheads outscored the rebuilding Sea Dogs 25-4 tells part of the story.

"I tried to come in and do better in the faceoff circle. I wanted to be more physical

and have a two-way presence and I think I did a solid job with that," MacKinnon said.

It's a philosophy that his top linemates have bought into as well.

"We're the best we can be when we're committed on both sides of the puck. Me, Jo [Drouin] and Marty [Frk] are all determined to keep that intensity going."

MacKinnon and the

Mooseheads know they'll face a tougher challenge in the second round against Gatineau, which gets underway Friday.

"I'm really looking forward to the second-round when it's a little more emotional and the stakes are a little higher."

No Moosehead knows more about playoff intensity than forward Stephen MacAulay who won a Memorial Cup in 2011 and back-to-back President's Cups in 2011-12 with the Sea Dogs before being traded to the Herd in January.

"We're proud to win the first-round but we can't get too high," MacAulay said. "There's another team waiting for us next week. The target is still on our back. Everyone's coming for us."

But Mooseheads co-captain Stefan Fournier says the Herd will be primed and ready.

"We still have a lot of work to do, a lot of grinding until it's all done," Fournier said. "We'll get a good solid week of practice. There's nothing better than going into a game rested and fresh."

It's all set Mooseheads to take on Gatineau in Round 2

The waiting game is over.

The Gatineau Olympiques will be the Halifax Mooseheads' second-round playoff opponent.

The matchup was solidified on Sunday evening after 13th seed Gatineau edged fourth seed Rimouski Oceanic 2-1 to seal the series upset win 4-2.

Gatineau and Halifax split their regular season matchups. Gatineau recorded a 6-1 victory over the Herd at the Metro Centre in September, while the Mooseheads returned the favour in November with a 5-1 win in Gatineau.

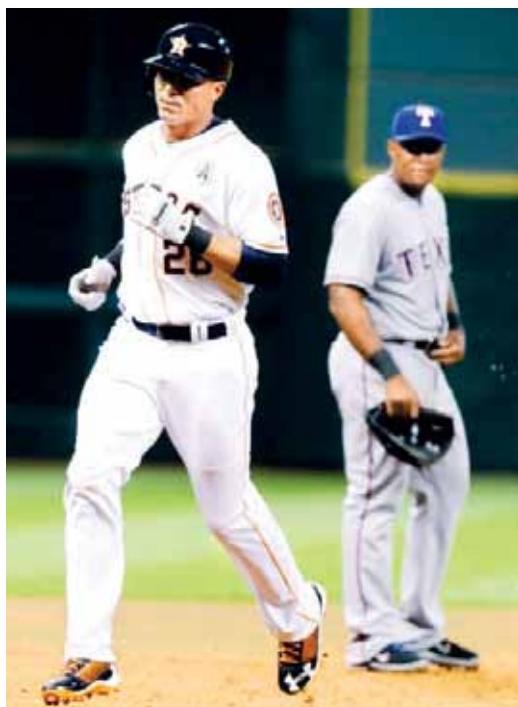
The Mooseheads will open the series at home on Friday and Saturday at the Metro Centre before the matchup shifts to Gatineau.

Tickets go on sale on Wednesday at 10 a.m. at all Ticket Atlantic outlets, online at ticketatlantic.com or by phone at 451-1221.

Quoted
"It's a fulfilling feeling. We wanted to finish this series as quick as possible. Now we can have a good rest for the next series."

Mooseheads forward Nathan MacKinnon

4 SPORTS



Astros win Texas showdown

The Houston Astros' Rick Ankiel rounds the bases on a three-run home run, the first of the season, as the Texas Rangers' Adrian Beltre watches in the sixth inning of the home-opener on Sunday in Houston. The Astros won 8-2. PAT SULLIVAN/THE ASSOCIATED PRESS

Curling

Canada's Jacobs remains unbeaten at worlds

Brad Jacobs and his Canadian rink got points for messy housekeeping on Sunday at the world men's curling championships.

The Sault Ste. Marie, Ont., skip remained unbeaten after two draws as he came back to beat Finland's Aku Kauste 8-6.

Jacobs overcame an early 4-1 deficit by putting up plenty of junk instead of deploying his usual clean, takeout-based game.

"It wasn't a typical game for us," said Jacobs, who is competing at the worlds for the first time. "We like to try to build a lead and peel, as everyone knows."

"We did that in the first game (a win over China), but this game was totally the opposite. But it's nice to have a game like that, too, where you have to come back to win."

He and his rink of third Ryan Fry, second E.J. Harnden and lead Ryan Harnden forced Kauste to make several misses as his rink fell to 0-2.

THE CANADIAN PRESS

Tennis. Andy Murray rallies past David Ferrer for Sony Open title



Andy Murray holds up his trophy after winning the Sony Open.

WILFREDO LEE/THE ASSOCIATED PRESS

As a dramatic men's final at the Sony Open neared its conclusion in a winner-take-all tiebreaker, Andy Murray waged a 28-shot exchange with David Ferrer, who was left so exhausted by the rally he crumpled to the court.

CBS viewers missed it. They also missed seeing Murray accept the trophy after he erased a championship point Sunday and rallied past Ferrer 2-6, 6-4, 7-6 (1).

An 11:30 a.m. start on Easter turned out not to be early enough for CBS. The network cut away when the final went to the tiebreaker, switching to the tipoff of the NCAA tournament game between Michigan and Florida.

"It's obviously a shame that people didn't get to see the end of what I think was a pretty exciting match," Murray said. "But that's the way it goes sometimes."

Tennis Channel televised the end of the match, and CBS later showed a replay of match point.

"We stayed with tennis as long as we could," a CBS spokeswoman said.

The final was filled with grinding baseline rallies, in-

cluding at least a dozen of more than 20 strokes and one lasting 34. At two hours, 45 minutes, the match was the longest of the men's tournament, and the end ran a few minutes past the scheduled start of Michigan-Florida.

Sony Open tournament director Adam Barrett said CBS officials had a commitment to show basketball.

The No. 3-seeded Ferrer, who was seeking the biggest title of his career, fell to 0-13 against top-five players in finals.

THE ASSOCIATED PRESS

March Madness.

Cardinals will face Wichita State in the national semifinal on Saturday

With tears in their eyes and Kevin Ware in their hearts, there was no way Louisville was losing this game.

Russ Smith scored 23, Gorgui Dieng had 14 points, 11 rebounds and four blocks, and top-seeded Louisville put aside the shock from Ware's gruesome leg injury to earn a second straight trip to the Final Four with an 85-63 victory over Duke on Sunday afternoon.

As the final seconds ticked down, Chane Behanan put Ware's jersey on and stood at the end of the Louisville bench, screaming. Cardinals fans chanted "Kevin Ware! Kevin Ware!"

"We won this for him,"



Head coach Rick Pitino of the Louisville Cardinals looks on as Kevin Ware is tended to after he injured his leg in a game against the Duke Blue Devils Sunday in Indianapolis, Indiana. Louisville won 85-63. STREETER LECKA/GETTY IMAGES

coach Rick Pitino said. "We were all choked up with emotion for him. We'll get him back to normal. We've got great doctors, great trainers."

Ware played his high-

school ball in Georgia and the Final Four is in Atlanta, just adding to the emotion for the victorious Cardinals.

"We talked about it every timeout, 'Get Kevin home,'"

Quoted

"Remember the bone is six inches out of his leg, and all he's yelling is, 'Win the game, win the game.' I've never seen anything like that."

Louisville coach Rick Pitino on Kevin Ware, whose right leg snapped midway between his ankle and knee on a first-half shot block attempt

Pitino said.

This was the first time Pitino and Mike Krzyzewski had met in the regional finals since the 1992 classic that ended with Christian Laettner's improbable buzzer-beater, a game now considered one of the best in NCAA tournament history.

This game will be remembered, too, but for a very different — and much more sombre — reason.

THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Miami	58	15	.795	—
x-Indiana	47	27	.635	11 ^{1/2}
x-New York	46	26	.639	11 ^{1/2}
x-Brooklyn	42	31	.575	16
x-Chicago	40	32	.556	17 ^{1/2}
x-Atlanta	41	33	.554	17 ^{1/2}
Boston	38	35	.521	20
Milwaukee	35	37	.486	22 ^{1/2}
Philadelphia	30	43	.411	28
Washington	27	46	.370	31
Toronto	27	46	.370	31
Detroit	24	50	.324	34 ^{1/2}
Cleveland	22	50	.306	35 ^{1/2}
Orlando	19	55	.257	39 ^{1/2}
Charlotte	17	56	.233	41

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	55	18	.753	15
x-Oklahoma City	54	20	.730	1 ^{1/2}
x-Denver	50	24	.676	5 ^{1/2}
x-L.A. Clippers	49	25	.662	6 ^{1/2}
x-Memphis	49	24	.671	6
Golden State	42	32	.568	13 ^{1/2}
Houston	40	33	.548	15
Utah	38	36	.514	17 ^{1/2}
L.A. Lakers	38	36	.514	17 ^{1/2}
Dallas	36	37	.493	19
Portland	33	40	.452	22
Sacramento	27	47	.365	28 ^{1/2}
Minnesota	26	46	.361	28 ^{1/2}
New Orleans	26	48	.351	29 ^{1/2}
Phoenix	23	51	.311	32 ^{1/2}

x = clinched playoff berth; z = clinched conference.

Sunday's results

Washington 109	Toronto 92
Chicago 95	Detroit 94
Miami 88	San Antonio 86
New Orleans 112	Cleveland 92
New York 108	Boston 99
Mondays' games	
All Times Eastern	
Detroit at Toronto, 7 p.m.	
Cleveland at Atlanta, 7:30 p.m.	
Boston at Minnesota, 8 p.m.	
Orlando at Houston, 8 p.m.	
Charlotte at Milwaukee, 8 p.m.	
San Antonio at Memphis, 8 p.m.	
Portland at Utah, 9 p.m.	
Indiana at L.A. Clippers, 10:30 p.m.	

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	36	28	8	0	123	84	56
New Jersey	35	15	11	9	88	97	39
NY Rangers	34	16	15	3	78	84	35
NY Islanders	35	16	16	3	100	112	35
Philadelphia	35	15	17	3	95	108	31

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	34	22	7	5	107	83	49
Boston	34	22	8	4	97	75	48
Ottawa	35	19	10	6	89	76	44
Toronto	36	20	12	4	112	100	44
Buffalo	36	13	17	6	94	113	32

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	36	18	16	2	89	106	38
Carolina	33	16	15	2	92	97	34
Washington	35	16	17	2	102	101	34
Tampa Bay	34	15	18	1	110	103	31
Florida	36	11	19	6	88	125	28

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

MLB

All Times Eastern

AMERICAN LEAGUE

Sunday's result

Houston 8 Texas 2

Monday's games

Boston at N.Y. Yankees, 1:05 p.m.

Detroit at Minnesota, 4:10 p.m.

Kansas City at Chicago White Sox, 4:10 p.m.

L.A. Angels at Cincinnati, 4:10 p.m.

Seattle at Oakland, 10:05 p.m.

NATIONAL LEAGUE

Monday's Games

Miami at Washington, 1:05 p.m.

San Diego at N.Y. Mets, 1:10 p.m.

Chicago Cubs at Pittsburgh, 1:35 p.m.

Colorado at Milwaukee, 2:10 p.m.

San Francisco at L.A. Dodgers, 4:10 p.m.

Philadelphia at Atlanta, 7:05 p.m.

St. Louis at Arizona, 10:05 p.m.

INTERLEAGUE

L.A. Angels at Cincinnati, 4:10 p.m.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Take what you desire rather than wait for someone to offer it to you. Whatever your number one ambition in life happens to be, that is what you should now be aiming for.

Taurus

April 21 - May 21

Usually you get your way through sheer force of personality but cosmic activity in the most sensitive area of your chart makes that more difficult now. If you want something you'll have to offer something in return.

Gemini

May 22 - June 21

Requests for help of a financial nature will come your way but if you are smart you will turn them all down. The best way to help others is to show them how to help themselves.

Cancer

June 22 - July 23

Someone in a position of authority is about to offer you the chance to move several rungs up the ladder of success. Before you proceed ask yourself a serious question: do you really want this level of responsibility?

Leo

July 24 - Aug. 23

Your confidence may be soaring now but don't go to extremes. At best you will make a fool of yourself; at worst others will expect you to be like that all the time. Try not to forget it's only an act. Isn't it?

Virgo

Aug. 24 - Sept. 23

You may feel irrationally jealous today, which is not like you at all. The fact is your nerves are still on edge from the effects of the recent full moon, so stay calm and try to take nothing too seriously.

Libra

Sept. 24 - Oct. 23

The best way to avoid confrontation is to remove yourself from areas where it is most likely to take place. Everything will be fine if everyone respects your space – and, of course, you must respect theirs.

Scorpio

Oct. 24 - Nov. 22

You may have a lot of practical issues on your plate at the moment but don't neglect your feelings – or the feelings of those you love. Make time for others today – and even more time for yourself.

Sagittarius

Nov. 23 - Dec. 21

The Sun in Aries is bringing all sorts of opportunities your way – all you have to do is reach out and grab them. But don't be greedy: there is plenty of good stuff to go around.

Capricorn

Dec. 22 - Jan. 20

You may have to hide your true feelings if you want to avoid a scene. If you fall out with someone today they will be in a huff for weeks, so bite your lip and focus on things you can agree on.

Aquarius

Jan. 21 - Feb. 19

Seek out people who are fun, people who make you laugh when you are feeling down. And don't think of it as wasting time, because it's nothing of the sort.

Pisces

Feb. 20 - March 20

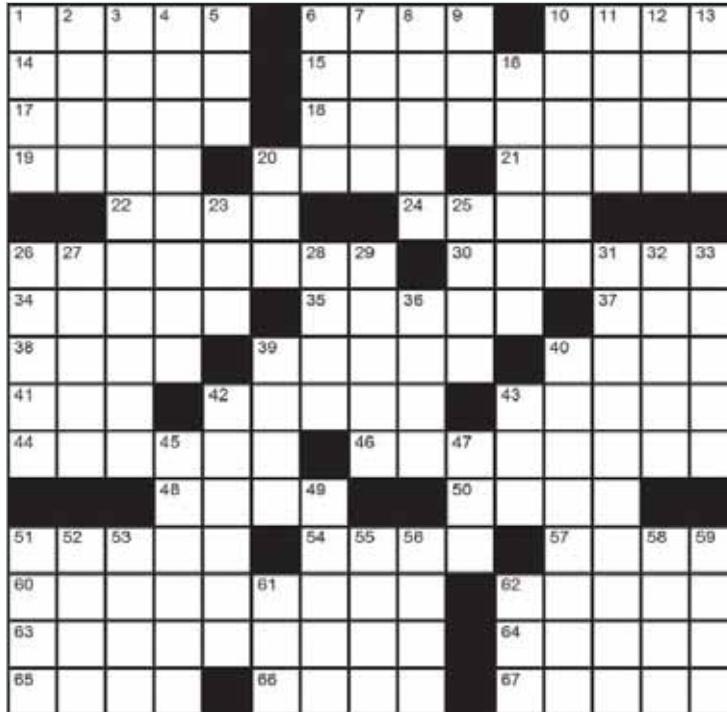
You may be tempted to rush around today and finish all those half-completed jobs you think are so important. Don't bother. If they really were that important you would have done them all by now.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Truth __
6. Bat's hangout
10. Way out there
14. Immobilizes
15. "Rock 'N' Roll is a Vicious Game" band: 2 wds.
17. John Keats, for one
18. Lager brewed in Saint John
19. "What __ wrong?"
20. Early Beatles hit: "Love __"
21. Scenic view
22. Burkina __ (Nation in West Africa)
24. Churn
26. Unwelcome plot giveaways
30. World Heritage site gr.
34. Broadcaster Mr. King
35. Tidal bore
37. 'Profit' suffix
38. Ancient Greece's war god
39. Affordable noodle dish
40. Disapproving sound
41. Li'l roads
42. Supercharger
43. Zestfulness
44. Mob gig
46. "King of Kensington" star: 2 wds.
48. Building dwellings, for short
50. __ Perpetua (Idaho's motto)
51. Make a masterpiece
54. Arrow poison



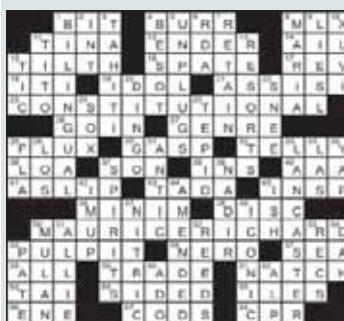
57. Dismounted
60. Photos-driven website
62. Domicile
63. __ Royal, Nova Scotia
64. 'Nost' add-on (Retro sentiment)
65. '50s singer Mr. Domino
66. Prefix meaning 'Fire'
67. 'Twilight' books

- author Stephenie
Down
1. Pack away
2. Earth: German
3. British Columbia's Great Bear __
4. Not on the main floor, say
5. Winter hrs. in Colorado
6. Showed up

7. Snake, for one
8. Racecar sound
9. __ for Edmonton
10. Janet Jackson's "Let's Wait __"
11. Sounds of mild disgust!
12. Subj. for ABC character Meredith Grey
13. __ (Stigma for

- Hester Prynne in 1850 Nathaniel Hawthorne book The Scarlet Letter)
16. NBC's "The Voice" coach Adam
20. Three Stooges member
23. Dodgy
25. 'Ad' add-on (End until later)
26. Single-named rock guitarist
27. PQ = __ Quebecois
28. __ Admiral
29. Ballroom dance
31. Study of earthquakes
32. Jai Alai basket
33. Mr. Welles
36. Earth sci.
39. Pipsqueak pup
40. The __ Family, as on "The Cosby Show"
42. Jail cell communication: 2 sounds.
43. Tank filling
45. Big swimming rays
47. Moviedom's Mr. Craven
49. Bad-tempered
51. French singer Edith
52. Actress Ms. Faris
53. "Say it __ so!"
55. Couple
56. Retort to "Are not!": 2 wds.
58. "Thus with a kiss __" - Romeo
59. Rip
61. Elephant gr. in US politics
62. Winnie-the-Pooh writer's monogram

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	8	6	5	2	3	7	9	4
3	5	4	8	7	6	1	8	2
9	2	7	1	4	8	6	5	3
5	4	2	8	6	7	9	3	1
8	3	1	2	9	5	4	7	6
7	6	9	3	1	4	5	2	8
2	7	3	4	5	1	8	6	9
6	1	8	7	3	9	2	4	5
4	9	5	8	8	2	3	1	7

3		5	8	4
6		3	8	
5	8	1		
		2		9
			2	8
	6			
1	8		7	
			8	9
			6	9
2	7		4	3



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